

Cardiff Summer Series 3 mile

Friday 10th June 2016

pos	no.	name	club	age group	time	
1	848	Carwyn Jones	Cardiff AAC	SM	00:14:38	1st Male
2	880	Dan Nash	East Cornwall	SM	00:14:50	2nd Male
3	827	Adam Davies	Cardiff AAC	SM	00:14:52	3rd Male
4	886	James Thie	Cardiff AAC	SM	00:14:52	
5	197	Adam Bull	Aberdare VAAC	SM	00:14:57	
6	833	Jamie Wardrop	San Domenico	SM	00:15:50	
7	883	Oliver Williams	Les Croupiers	SM	00:16:00	
8	855	Glyn Fletcher	Les Croupiers	SM	00:16:08	
9	842	Nick Tulp	Les Croupiers	SM	00:16:13	
10	840	Billy Hayton	Pontypridd Roadents	SM	00:16:16	
11	856	Doug Nicholls	Les Croupiers	SM	00:16:18	
12	851	Stuart Crees	Les Croupiers	SM	00:16:21	
13	875	Rich Baker	u/a	MV40	00:16:33	1st MV40
14	873	Neil Catchlove	Lordshill RR	MV40	00:17:02	
15	808	Matt Hurford	Les Croupiers	MV40	00:17:05	
16	884	Andrew Blair	Les Croupiers	MV50	00:17:11	1st MV50
17	823	Laurence Pole	Pontypridd Roadents	MV40	00:17:16	
18	556	Alex Lea	u/a	SM	00:17:17	
19	888	Mark Joyce	Les Croupiers	MV40	00:17:19	
20	862	Steven Smith	Cardiff AAC	MV40	00:17:25	
21	857	Johnny Lam	San Domenico	MV40	00:17:27	
22	859	Anthony Williams	u/a	MV50	00:17:31	
23	861	Michael Riley	Les Croupiers	SM	00:17:34	
24	847	John Craven	Les Croupiers	SM	00:17:38	
25	838	Peter Turnbull	Les Croupiers	MV50	00:17:40	
26	198	Gabrielius Stuokus	Les Croupiers	SM	00:17:46	
27	850	Vince Nazareth	Les Croupiers	MV50	00:17:49	
28	870	Kevin Plank	San Domenico	MV40	00:17:49	
29	868	Carys Mai Hughes	Les Croupiers	SW	00:17:57	1st Female
30	882	Richard Self	Les Croupiers	MV50	00:17:58	
31	825	Elio Lepore	Les Croupiers	MV60	00:17:59	1st MV60
32	832	Donovan Williams-Hale	Bridgend AC	U20M	00:18:03	
33	824	Lauren Cooper	Parc Bryn Parc	SW	00:18:13	2nd Female
34	863	Ben Smith	Cardiff AAC	U15B	00:18:14	
35	885	David Coles	Les Croupiers	MV50	00:18:17	
36	869	Hywel Edwards	u/a	MV40	00:18:26	
37	841	Dan Luffman	Les Croupiers	MV40	00:18:41	
38	837	Rob Sage	Les Croupiers	SM	00:18:49	
39	821	Steven Hooper	Pontypridd Roadents	MV50	00:18:51	
40	890	Sean Price	Rhondda AAC	MV50	00:19:14	
41	858	Rhys Williams	u/a	SM	00:19:18	
42	830	James Thomas	Parc Bryn Parc	SM	00:19:23	
43	881	Hugh Saunders	u/a	SM	00:19:35	
44	829	Iestyn Edwards	Cardiff AAC	MU15	00:20:03	
45	852	Libby Bohemen	Les Croupiers	FV45	00:20:03	3rd Female
46	839	Mark Bowen	Pegasus	SM	00:20:12	

47	865	Carol Rees	Les Croupiers	FV45	00:20:29	1st FV45
48	598	Hefin Gruffydd	Pontypridd Roadents	MV50	00:20:52	
49	871	Gareth Jenkins	Cwm Ogwr RC	SM	00:20:52	
50	864	Ben Gooding	Pegasus	SM	00:21:04	
51	853	Matthew Bunce	Brackla Harriers	MV40	00:21:05	
52	887	Joseph Joyce	Cardiff AAC	U13B	00:21:06	
53	866	Matt Godfrey	u/a	MV40	00:21:07	
54	892	Nigel Bleach	u/a	MV40	00:21:12	
55	196	Dominic Shields	San Domenico	MV50	00:21:22	
56	879	Ian Crooks	u/a	MV50	00:21:23	
57	199	Mark Evans	Brackla Harriers	MV50	00:21:31	
58	568	Ben Innes	u/a	SM	00:21:36	
59	872	Jenny Martin	Les Croupiers	FV35	00:21:45	1st FV35
60	891	Stephen Wood	Pegasus	SM	00:21:55	
61	860	Gareth Logan	u/a	SM	00:22:17	
62	849	Lolly Burvill	Les Croupiers	FV45	00:22:30	
63	828	Paul Edwards	Cardiff AAC	MV40	00:22:31	
64	834	Andy Davies	Pontypridd Roadents	MV50	00:22:35	
65	831	Andrew Herbert	u/a	SM	00:22:44	
66	889	Angharad Price	Cardiff AAC	SW	00:23:09	
67	867	Rebecca Norris	Les Croupiers	SW	00:23:12	
68	874	Huw Parry	Les Croupiers	MV50	00:23:15	
69	826	Andrew Williamson	Pegasus	MV40	00:23:29	
70	200	Eve Gallop-Evans	Les Croupiers	FV45	00:23:30	
71	836	Graeme Donnan	Les Croupiers	MV60	00:23:31	
72	599	Bethan Ford	Pontypridd Roadents	SW	00:23:48	
73	822	Christie Coleman	Cwm Ogwr RC	MV40	00:23:56	
74	877	Luke Heslop	Les Croupiers	SM	00:24:43	
75	878	Colin Crooks	Pegasus	MV60	00:24:59	
76	854	Karen Chadwell	Les Croupiers	FV45	00:25:20	
77	835	Emily Donnan-Courtade	Les Croupiers	SW	00:25:39	
78	600	Amanda Thompson	Les Croupiers	FV55	00:27:17	1st FV55
79	597	Julia Herbert	Pontypridd Roadents	FV35	00:27:37	
80	400	Gwen Richards	Pontypridd Roadents	FU20	00:27:38	
81	876	Tracey Newman	Les Croupiers	FV45	00:28:06	
82	844	Sarah Meah	Les Croupiers	FV45	00:40:09	
83	845	Sandra Caveney	Les Croupiers	FV45	00:40:09	
84	846	Hannah Barnett	u/a	SW	00:40:09	